March Winter Squash

**Nutrition Info**

One cup of cooked, cubed squash has 115 calories and provides vitamins A & C and fiber.

**Fun Facts**

In Native American folklore, winter squash was one of the "three sisters," along with corn and beans. These were staple foods in the Native American diet.

There are over 15 different types of winter squash including: butternut, Delicata, Hubbard, banana, acorn and spaghetti squash.

The heaviest squash ever recorded was 1234 pounds!

**Uses**

Puree cooked squash and add to soups for a creamy texture. Squash seeds can be roasted and eaten just like pumpkin seeds.

Try stuffing squash with a blend of rice, apples and kale, adding roasted squash cubes to a savory pizza, or using a spiralizer to make squash noodles. No spiralizer? Try a spaghetti squash!

**Farm2School Updates**

The School District of Onalaska just ordered three new tower gardens – one for each elementary school! The school district garden coordinator and teachers will be using the gardens as a learning tool in the classrooms.

**Family Friendly Activities**

Have your child help scoop out a cooked spaghetti squash, then show them that the flesh looks like spaghetti noodles!

Let your child find, pick out and count the seeds in the squash. Then roast them and enjoy as a healthy snack!

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**Pick:**

- Choose winter squash with firm skin that is free of nicks, cracks, or soft areas.
- Select squash with an attached stem.

**Store:**

- Fresh, whole squash can be stored in a cool dark place for several weeks to months, depending on the variety.
- Store cooked squash for a few days in the refrigerator or freeze up to 6 months.

**Prepare:**

- Winter Squash is versatile. It can be baked, microwaved, roasted, sautéed, boiled, and/or steamed.
- Use a very sharp knife to cut or peel squash.
Butternut Mac and Cheese
Serves 8

Ingredients
- 12 ounces whole wheat pasta
- 2 Tbsp. olive oil
- 2 cups diced yellow onions
- 2 Tbsp. butter
- 2 Tbsp. all purpose flour
- 2 cups milk
- 2 cups shredded sharp cheddar cheese
- 2 cups pureed butternut squash (frozen & thawed, or fresh*)
- Salt and pepper to taste
- 12 ounces fresh or frozen broccoli, steamed until crisp-tender
- ½ cup whole wheat breadcrumbs

Directions:
Preheat oven to 400 degrees. Bring a large pot of water to a boil. Cook the pasta according to package instructions; drain and set aside. Meanwhile, heat olive oil over low heat in large, oven safe skillet. Add onions and cook until browned, stirring occasionally, about 20 minutes. Remove and set aside. Melt 2 Tbsp. butter in the same skillet over medium heat. Whisk in flour to form a paste. Cook 2 minutes, then whisk in milk. Add in the cheese and cooked squash and mix until cheese is melted. Add salt and pepper to taste. Mix in cooked pasta, onions, and broccoli. Toss in breadcrumbs and bake for 15 minutes or until hot and bubbly.

*Directions for cooking fresh butternut squash. Preheat oven to 400 degrees. Place butternut squash halves on a large baking sheet flesh side up. Rub the flesh with oil. Roast 50 to 60 minutes, until flesh is fork-tender, then puree or mash.

For more information on Farm2School visit www.laxF2S.org

Color a Squash!

Nutrition Facts
Serving Size (277g)
Servings Per Container 8

| Amount Per Serving | Calories 360 | Calories from Fat 80%
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<tbody>
<tr>
<td>Total Fat 9g</td>
<td>14%</td>
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<tr>
<td>Saturated Fat 3.5g</td>
<td>18%</td>
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<tr>
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<tr>
<td>Sodium 300mg</td>
<td>13%</td>
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<tr>
<td>Total Carbohydrate 52g</td>
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<tr>
<td>Dietary Fiber 9g</td>
<td>36%</td>
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<tr>
<td>Sugars 6g</td>
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Protein 18g

Vitamin A 50% • Vitamin C 30%
Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500
Total Fat Less than 65g 70g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4

Coulee Region Farm2School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.